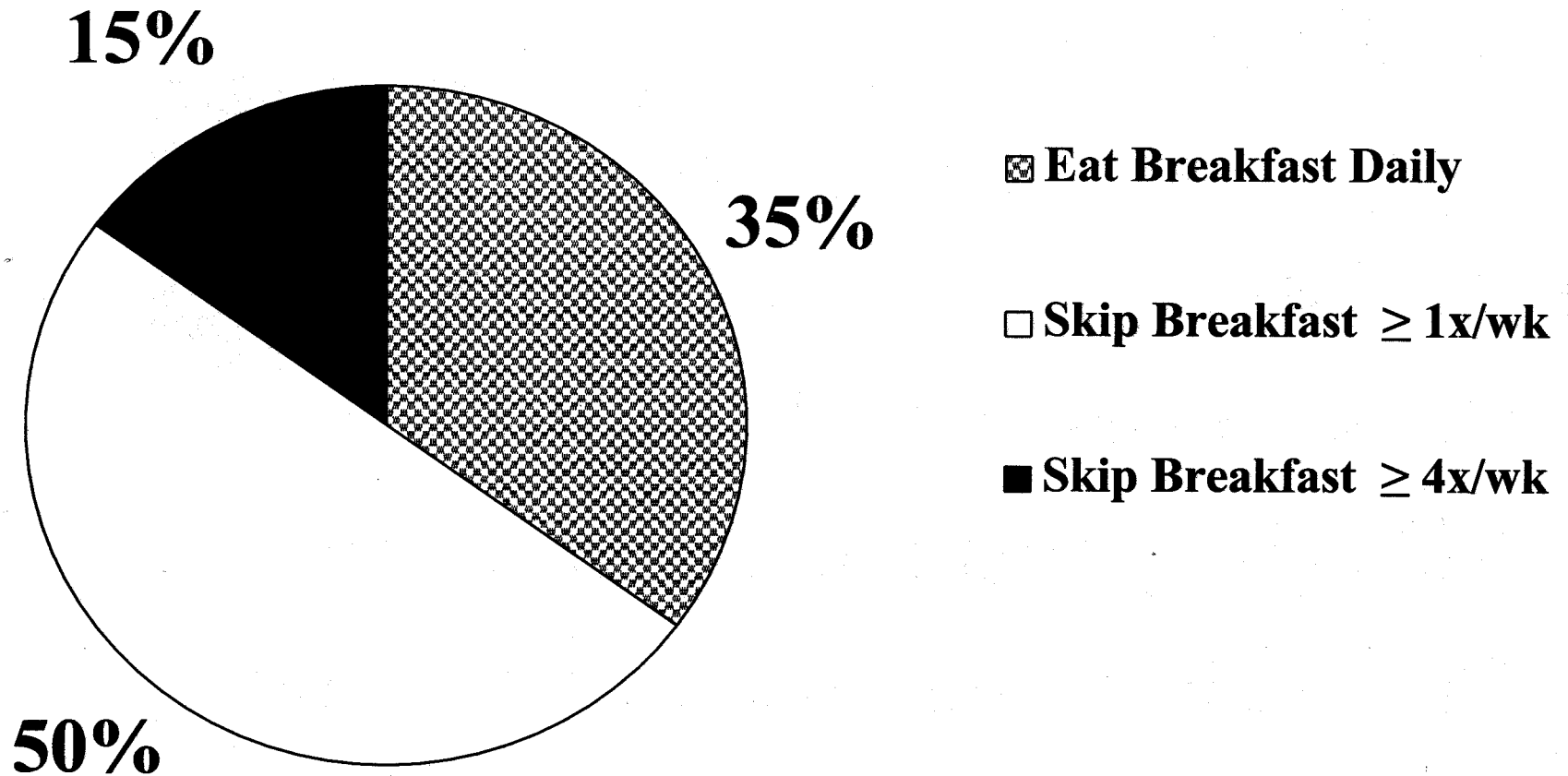


# SCHOOL Breakfast

*for*  
first class learning!

# 9-15 Year Old Students Breakfast Consumption per Week

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# Reasons for Not Eating Breakfast

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- Overslept
- Hectic mornings/lack of time
- Socialize before school
- No School Breakfast Program
- Not hungry first thing in the morning
- Other school-related activities in the morning



# Hungry Children Don't Learn

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# Hungry Children Are:

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- Less attentive in class
- Less well-behaved
- More frequently absent and tardy



# **Skipping Breakfast or Inadequate Breakfast = Transient Hunger**

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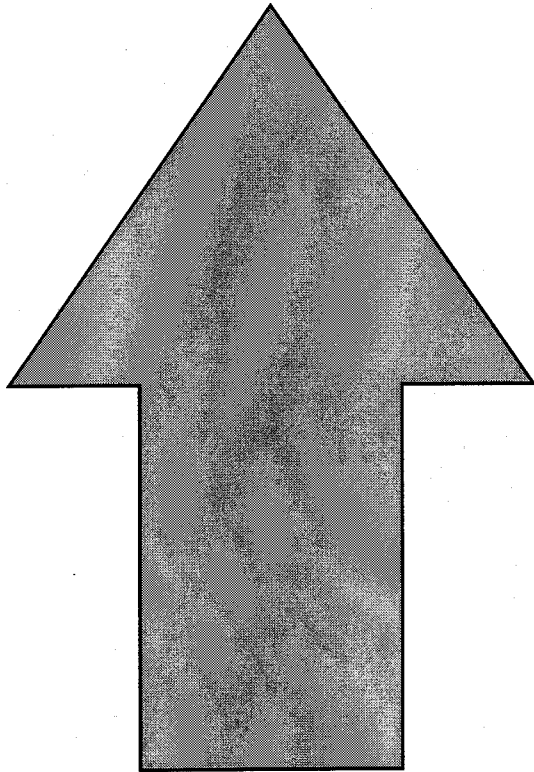
## **Symptoms in Students**

- **Stomachaches**
- **Headaches**
- **Irritability**
- **Inability to concentrate**
- **Behavioral problems**

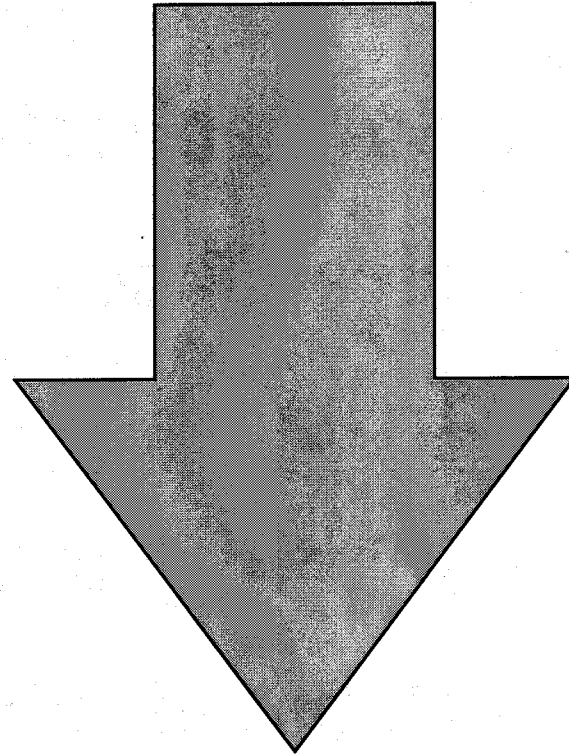
# Concentration Suffers

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Time between meals

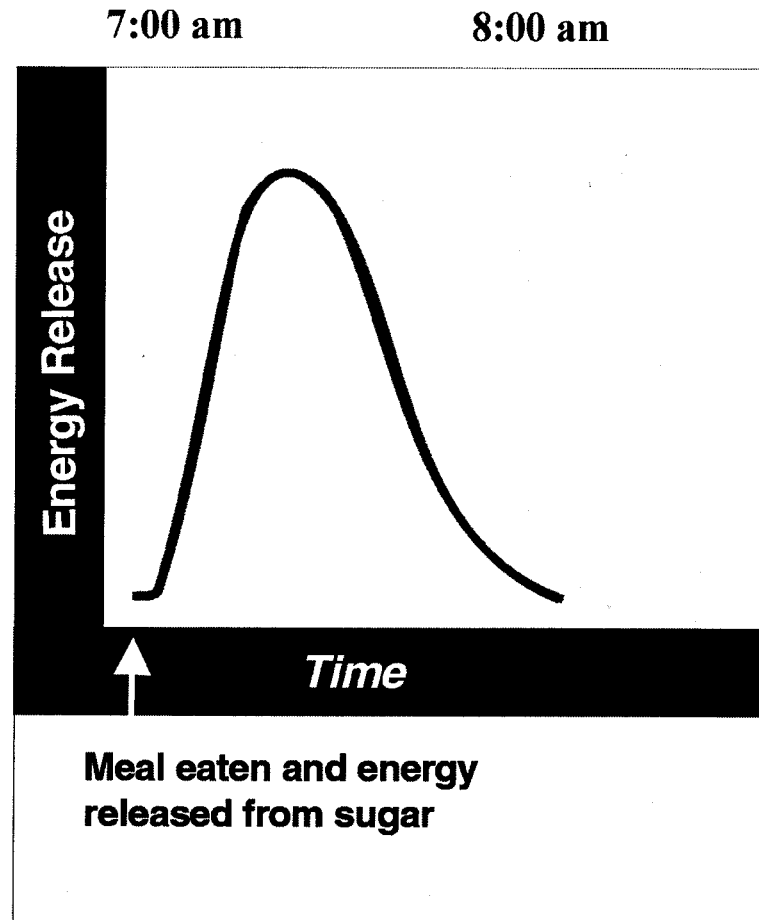


Concentration



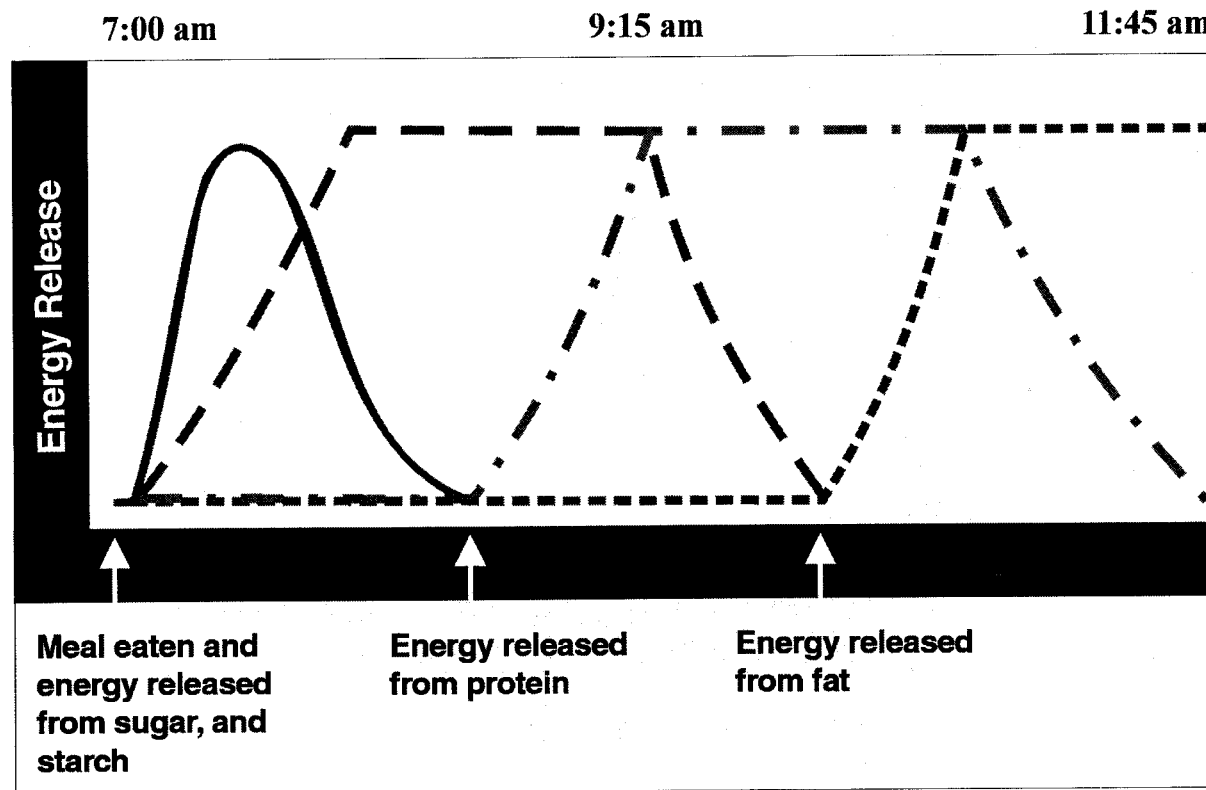
# Energy Release of Sugary Food

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# Energy Release of a Balanced Breakfast



# Research Supports Breakfast

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# **School Breakfast Program Benefits**

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- Better overall performance in class
- Children are more alert
- Fewer complaints of stomachaches and headaches/fewer nurse's visits
- Less absenteeism and tardiness

# **More School Breakfast Program Benefits**

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- Parents know children are receiving a nutritious breakfast
- Link between school breakfast participation and higher test scores
- Improved daily nutrient intake
- Reduced discipline referrals